



ELK GROVE COMMUNITY SERVICES DISTRICT

Fire ■ Emergency Medical Services ■ Parks & Recreation

PARKS AND RECREATION DEPARTMENT

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Instructor Spotlight

BALLROOM & SWING DANCE INSTRUCTOR – LOU CUNY

Want to swing in the New Year or find a fun way to work out? Lou Cuny invites even the dancing challenged to get on the floor and explore the world of ballroom dance this Winter. In partnership with the Elk Grove Community Services District, Lou will offer a new series of swing and ballroom dance classes at the Laguna Town Hall on Wednesday nights. The class will teach both the traditional and the latest dance steps of Ballroom, Swing, and Salsa dancing.

As an amateur dancer, Cuny used to compete and receive supreme awards. He is a certified dance instructor and member of the member of National Council of Dance Teachers. He and his private students regularly participate in major Bay Area dance competitions.

The goal is “to be able to have fun with the music,” says Cuny. While most of the people who attend classes want to learn just enough to show-off at a wedding or class reunion, Lou caters to all levels of skill. Cuny’s years of experience and love of dance allow him to break down the steps into manageable pieces. On the dance floor Cuny demonstrates the steps and then steps aside to let his students have a try. After a new step is introduced students pair off to practice, practice, practice, and Cuny glides between the couples often cutting in to help them adjust their steps and style. Lou is “able to present material so students can readily grasp it,” after that, it is up to the student to “put it to work in their dancing.”

This type of dance takes a team effort, while each partner can learn their moves individually; they have to work together when they dance. “I put a lot of emphasis on how to lead and follow,” says Cuny. He calls it the “hard part of partner dancing.” Once the partners make a connection and begin to recognize the subtle signals of dance, it is just a matter of polishing their moves.

To spice up the dance routine, Cuny also offers Advanced and Beginning Salsa classes on Thursday evenings. “People like the music and like to dance fast” and Cuny’s Salsa classes are designed to do both. Class time is spent “breaking it down into simple pieces and building it back up.” With the steps mastered in this class students are able to spend a Saturday night on the dance floor at one of the local Salsa Clubs. It doesn’t matter if it’s Salsa, Ballroom or Swing the underlining goal in all the classes is to simply have fun.

To register for Lou’s classes, contact the Elk Grove CSD Department of Parks and Recreation at (916) 405-5300.



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